What's on

Your guide to activities, clubs and events in the borough

See centre pages

Waltham Forest

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Waltham Forest NEWS

Your Council keeping residents informed
www.walthamforest.gov.uk

Issue 107 | 13 January 2014

PROVIDING GOOD VALUE LOCAL SERVICES TO YOU.

GOOD VALUE, LOCAL SERVICES

Town Hall, Forest Road
Walthamstow, London E17 4JF
www.walthamforest.gov.uk

Gas prices*	29.8% ↑
Electricity prices*	22.0% ↑
Water bill*	12.2% ↑
Council tax	0% =

*Utility increases 2010-2013

020 8496 3000

*** COUNT ON US ***

For more information on these figures visit
www.walthamforest.gov.uk/your-money

GOOD VALUE, LOCAL SERVICES

*** COUNT ON US ***

www.walthamforest.gov.uk/your-money

WHERE YOUR MONEY GOES

Your Council Tax helps provide for many of the services that you use regularly such as roads, schools, parks and leisure centres. And some of your Council Tax goes towards paying for the Police service, the Fire service and Transport for London through the Mayor's precept.

Did you know?

1 So far 52 schools have signed up to the Waltham Forest Breakfast Club. This means 3,600 children can benefit from a subsidised breakfast giving them the best possible start to the school day. The Council subsidises breakfasts for children in Reception and Year 7 and plan to extend this to children in Year 1 this year.

2 Our Adult Social Care Team currently provides services for around 3,500 people, including residential care, equipment, home support and respite care. 62 per cent of our clients received self directed support – making their own choice about the services to benefit them most.

3 Over 1,000 older people enjoyed a festive Christmas lunch with turkey and all the trimmings. The older people's Christmas lunch is run each year by the Council and provides an opportunity for older people to get together with friends old and new.

For more information on the figures you can go online to www.walthamforest.gov.uk/your-money

Dear Resident

We are starting the year as we mean to go on by continuing to work hard to provide you with good value local services while at the same time doing all we can to help your money go further. Recent years have been tough financially, so it is even more important that you know how we spend your Council Tax and are aware of the many services that your money buys.

As promised, we froze Council Tax up to 2014 and agreed to freeze it for the next financial year too (2014/15).

We have also:

- reduced the cost of parking permits from £45 to £25
- provided free unlimited bulky waste collections
- provided free swimming for under 18s and over 60's; and
- subsidised the cost of a breakfast for each child in Reception or Year 7, and plan to extend this to children in Year 1 in 2014.

There are more than 100 services provided by the Council that are funded by your Council Tax. Some of them you will be familiar with and use often, such as your waste and recycling collection service. Others you may use from time to time or at different stages, such as when your children are young or if you need support when you are older. There are also some services that you may not be aware of, but play an important role in keeping you safe and healthy.

To remind you of some of the services we provide and how to access them, we have updated our handy A-Z guide that will be delivered alongside the next issue of Waltham Forest News. I hope you will find it useful. For more information visit www.walthamforest.gov.uk/your-money

Chris Robbins
Leader of Waltham Forest Council

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"There are more than 100 services provided by the Council that are funded by your Council Tax"

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DELIVERING GOOD VALUE LOCAL SERVICES

The cost of living continues to rise while at the same time budgets are being reduced. But rather than pass the burden of the budget cuts to our residents by increasing Council Tax, we have focussed on being as efficient as possible and looked hard for ways to provide the same level of service at a reduced cost.

We have made changes to the way we work and made smarter use of the resources available to us; be they budgets, buildings or staff.

With this practical approach to our finances we have been able to protect and invest in the services that matter most to you. We have been able to make considerable cost savings by:

1. Reducing jobs that don't deliver services directly to residents.
2. Relocating staff to make smarter use of our office space, resulting in a saving of £850,000.
3. Cutting out the middleman when buying equipment for elderly or disabled residents, at a lower cost to the taxpayer.

GOOD VALUE, LOCAL SERVICES

Town Hall, Forest Road
Walthamstow, London E17 4JF
www.walthamforest.gov.uk

Weekly waste collection	£1.11
Street cleaning	£1.24
Community safety	£0.31
Eight libraries	£0.20
Parks maintenance	£0.38

Prices show the average contribution per household per week through Council Tax.

020 8496 3000

*** COUNT ON US ***

LEYTON JUBILEE PARK

Leyton Jubilee Park was created in autumn 2012 when Ive Farm and Marsh Lane Playing Fields were bought together to form a first-class outdoor space with a variety of play equipment. Works are ongoing with a new pirate ship play area due to be installed shortly.

For more information on the figures you can go online to www.walthamforest.gov.uk/your-money

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Borough welcomes new bobbies

Value for Money Special Edition

Community-backed campaign has led to London's biggest rise in police numbers coming to Waltham Forest

An extra 119 new police officers will start working in Waltham Forest this year, and twenty of the new police recruits paid a visit to Waltham Forest Town Hall last month.

Council Leader Chris Robbins and Cabinet Member for Community Safety, Cllr Liaquat Ali MBE JP, welcomed the recruits along with Borough Commander, Chief Superintendent Mark Collins.

Waltham Forest Council's community-backed campaign for extra police resources paid off last year with the announcement that the borough will receive the capital's biggest increase in police officers.

Over 7,500 local residents backed the Council's campaign calling on the Metropolitan Police Authority and the Mayor of London to redress the balance in police numbers and give Waltham Forest its fair due.

Despite facing clear inner city challenges Waltham Forest suffered a lack of resources because it was classed as an 'outer London' borough. This meant it received far fewer police officers than neighbouring boroughs such as Hackney and Newham.

"We have supported the police over the years, paying for extra police officers and finding innovative solutions such as our anti-gangs initiative," explained Chris Robbins.

"We really value our local police force and have an excellent working partnership with them, but what we really always needed was more police on the streets. Thankfully we have now managed to make that a reality with 119 new officers coming to Waltham Forest.

"The local community need to take a lot of credit for rallying behind the push to convince the Mayor of London."

Turn to p4 to see some of the new recruits on their visit to Waltham Forest.

English Magic at the William Morris Gallery

In brief Page 3

A new exhibition by Turner Prize-winning artist Jeremy Deller opens at the William Morris Gallery this weekend. English Magic includes this iconic image 'We Sit Starving Amidst our Gold' painted by Stuart Sam Hughes.

More info

For more information about community safety in the borough or to find out more about the Council's anti-gangs scheme visit **www.walthamforest.gov.uk/enough-is-enough**. Free internet access is available at all libraries in the borough.

NEW YEAR, NEW YOU

Courses starting in January. For more information, visit www.waltham.ac.uk

info@waltham.ac.uk | 020 8501 8501 | Forest Road, E17 4JB

WALTHAM FOREST COLLEGE

Dog controls in place

New dog control orders are now in place and signs at parks and open spaces will show where dogs must be kept on a lead

New dog control orders are now in place, giving dog owners a clear understanding of their responsibilities. Signs have been installed throughout the borough so that there should no longer be any confusion about how parks and open spaces can be used by dog owners.

"This is the culmination of work we started almost a year ago now," said Cllr Clyde Loakes, Deputy Leader and Cabinet Member for Environment.

After gauging views informally, the Council worked with local group Waltham Forest for Dogs to launch a consultation over the summer about where dogs need to be kept on the lead and where owners are required to pick up mess after their pet.

"Over 750 residents responded and we achieved majority support for all of the proposals put forward, said Cllr Loakes.

"It has allowed us to provide a consistent approach and to strike the right balance between the rights of dog owners and other residents who regularly use our parks."

The control orders define where dogs must be kept on a lead and where owners can be directed to place their dog on a lead by a Council officer, if asked. They also outline the responsibilities of owners to clean up after their pooches.

"For responsible dog owners this will be a welcome clarification of how they can use our parks, and for irresponsible dog owners it provides fair warning about when we will enforce against breaches of the orders," said Cllr Loakes.

"It means we can challenge irresponsible dog owners who leave dog mess on sports pitches or allow their dogs to run free in children's play areas. The new control orders also close loopholes by allowing us to take action against owners who do not clean up after their dogs on any public land including cemeteries, car parks and Epping Forest."

More info

For more information visit **www.walthamforest.gov.uk/animal-welfare** or phone **020 8496 3000**.

In my opinion

Paul Gasson

Waltham Forest Local Exchange Trading System

Waltham Forest Local Exchange Trading System (WF LETS) is a not-for-profit, community enterprise that allows local people to trade goods and services without using money.

LETS has been running in Waltham Forest for more than 20 years and I have been a member since 2008. The scheme has grown especially quickly over the past two years and we now have more than 200 trading members.

Members exchange goods and services using the currency of locally created LETS credits, which in Waltham Forest are called 'Beams'. We offer each other services and goods such as DIY, music lessons, alternative therapies, gardening, loan of tools and equipment, computing, cooking, giving lifts, allotment vegetables, dog walking, childcare and much more.

Our easy-to-use trading system has a database of 'wants' and 'offers'. It's up to the buyer and seller to agree a rate for a service or product, but typically people charge 10 Beams an hour for their time, and cost products at the rate of one Beam to £1. Transactions are recorded electronically and members are able to view a statement of their account online.

WF LETS organises regular events for members to encourage trading. There are also events to allow non-members to find out more about the scheme including monthly drop in sessions and a ramble starting from the Waterworks Centre at 12noon on Sunday 26 January.

To give an idea of how LETS can be used in practice; one member has traded more than 1,500 beams over the last 18 months selling life coaching, IT support, website and flyer design, bike maintenance services and loaning plumbing equipment. In return he used the proceeds for repairs to windows and doors in his house, manure for his allotment, sewing services and buying locally produced crafts.

If you would like to find out more, come to one of our monthly drop in sessions where you can view services currently on offer and find out what local people have as 'wants'. If you decide the scheme is for you, you can join on the spot. Drop-ins are held on the last Saturday of each month at the Hornbeam Café (458 Hoe Street, E17 9AH) between 10.30am and 12noon.

WF LETS not only supports our local economy, but also enhances community networks. As well as helping you save money by swapping goods and services with other residents it's also the perfect way to learn, improve or perfect skills and offers an easy way to meet people in your community.

For more information visit our website **www.wflets.org**.

Want to have your say?

If you live or work in Waltham Forest, have something you'd like to get off your chest, and can do it in around 300 words; Waltham Forest News wants to hear from you. Email the Editor at: walthamforestnews@walthamforest.gov.uk and tell us what you'd like to write about.

GOOD VALUE, LOCAL SERVICES

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Contact Waltham Forest Council:

Visit **www.walthamforest.gov.uk**
E-mail **Wfdirect@walthamforest.gov.uk**
Call **020 8496 3000**

Waltham Forest

Waltham Forest News

Editor: Jenny England

Waltham Forest News wants to hear from people in the local community. If you have a story that you'd like us to cover, email **walthamforestnews@walthamforest.gov.uk** or phone **020 8496 3000**.

Advertising and promotional enquiries:
Luke Chetwynd, **020 8496 3000** (press 6)
advertisingwfn@walthamforest.gov.uk

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Approved by Plain English Campaign

recycle for Waltham Forest

ABC

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The official independently audited free letterbox delivery of Waltham Forest News is 97,759, ABC Regional July 2012-Dec 2012

Love Your Borough awards

Nominate your community champions for a Love Your Borough award

Residents are being urged to nominate their friends, family and community heroes for one of Waltham Forest Council's Love Your Borough awards.

The annual awards celebrate the work that residents, groups, businesses, charities and the Emergency Services do to improve the physical environment and quality of life for everyone in Waltham Forest.

Whether it's a neighbour who has spruced up streets by planting flowers, a sports coach who gives their free time to get children involved in sports, a young person who helps others or someone who helps make our borough safer – we want you to nominate them.

This year's seven award categories are Citizen of the Year, Uniformed Service Hero, Volunteer Group of the Year, Improving Your Neighbourhood, Health and Wellbeing, Making Waltham Forest Safer and Sporting Inspiration.

So if you know a community champion who deserves recognition for the effort they make to the local area make sure you telll us before nominations close on Monday 3 February.

Each winner will receive £250 in vouchers as a thank you for their dedication to Waltham Forest. Everyone who is shortlisted for an award will be invited to attend a special celebration evening in April.

Council Leader, Chris Robbins, told Waltham Forest News: "The Love Your Borough awards showcase everything that is fantastic about this area.

"Every day our residents do marvellous and often unrecognised work that makes a huge difference to the lives of thousands of other people. We want to honour them for the contribution they make to our communities and show Waltham Forest as the vibrant and successful borough that it is."

More info

You can nominate online or download a nomination form by visiting **www.walthamforest.gov.uk/love-your-borough**. Alternatively, phone **020 8496 3000** and ask for a copy of the nomination form to be sent to you.

Leader's New Year column

Chris Robbins

Last year the Council promised residents that 2013 was the year when our regeneration promises would start to bear fruit.

You told us that improving the borough's streets and shopping was your top priority, so the Council set aside £9 million to invest in nine of the borough's high streets.

Better high streets

Work including refurbished shop fronts, new roads and pavements is almost complete at Chingford Mount, and improvements at Blackhorse Lane, Francis Road, Higham Hill, Lea Bridge Road, South Leyton, South Leytonstone and Wood Street are expected to finish by the end of April.

Thanks to money secured by the Council from the Mayor of London's Outer London Fund, we gave local shop owners training on everything from stock management and social media to shop layouts and window dressing. The good news is that nearly 60 per cent of participants have told us they've already seen an increase in sales.

Better leisure

Progress on the development of The Scene at Cleveland Place is continuing apace and transforming Walthamstow Town Centre and I'm looking forward to the opening of the nine-screen Empire Cinema this winter.

And the long-awaited re-opening of Lea Bridge Station is getting closer – keep an eye out for more news later this year.

However, in 2013 we did not just focus our attention on high streets, and we've also made significant improvements to leisure facilities throughout the borough. A £24.5 million programme with our leisure providers, Better, is well underway and will see all of the borough's leisure centres improved.

Work has already finished at Walthamstow Leisure Centre, Leyton Gym and Leyton Leisure Centre and Cathall Leisure Centre is in progress. Larkswood Leisure Centre has been repainted and will be renamed Chingford Leisure Centre later this month, while Waltham Forest Pool and Track will be closed in the Autumn so that the centre can be completely rebuilt.

> **"You told us that improving the borough's streets and shopping was your top priority."**

Helping you and your family

Parents with children in Reception and Year 7 classes will be pleased to hear that you can make sure your child gets a healthy start to their school day by signing them up to the Council's Breakfast Club. Launched last September, the scheme offers pupils a healthy, subsidised breakfast. And from April, we're planning to extend the scheme to include Year 1 pupils.

I know that 2013 wasn't the easiest year – with many households struggling in the difficult financial climate. I believe that the best thing the Council can do to support families is to keep Council tax as low as possible, provide good quality services and invest in the borough's future.

Everyone is watching the pennies at the moment, so I hope knowing Council Tax is frozen until 2015 goes some way to helping you to manage your household budget.

We don't always get it right, but the Council will continue to put residents first and invest in the local services that matter the most to you. I would like to wish all residents a healthy, happy and prosperous 2014.

In brief

Landlord consultation

The consultation about proposals to license all private sector landlords in order to tackle anti-social behaviour issues in the borough runs until Friday 24 January. Waltham Forest Council is looking to get the views of residents, tenants and landlords. There is evidence of a link between areas with high density private sector rented accommodation and anti-social behaviour. A third of the borough's tenants already live in private rented properties and this is expected to increase in coming years.

• To complete the questionnaire visit www.walthamforest.gov.uk/selectivelicensing. For a paper copy phone 020 8496 3000 or email selective.licensing@walthamforest.gov.uk

Jeremy Deller: English Magic

From this weekend the William Morris Gallery is set to host an exhibition by renowned Turner Prize-winning artist Jeremy Deller. 'English Magic' was commissioned by the British Council for the British Pavilion at the Venice Biennale in 2013. The iconic image of the exhibition depicts a colossal William Morris hurling Roman Abramovich's yacht into the Venetian Lagoon. One room in the politically-charged exhibition is dedicated to William Morris – with whom Deller has long been fascinated. The exhibition forms part of a national tour which will be launched at the William Morris Gallery (Lloyd Park, Forest Road, E17 4PP) and it is also the only London venue hosting the tour. The exhibition runs from Saturday 18 January to Sunday 30 March. The William Morris Gallery is open Wednesday to Sunday, 10am to 5pm. Entry is free.

• Visit www.wmgallery.org.uk or phone 020 8496 4390.

Library events

As well as being ideal places to study, sit back with a book or make use of free internet facilities, Waltham Forest's eight libraries also host free special events throughout the year. Whether you're looking to learn new business skills, get money management advice or take part in a creative writing session, your local library offers a range of free events, workshops and courses to help you along. All events are free and run alongside the libraries' regular activity programme. You can sign up to have the programme brochure emailed to you each time it comes out.

• For more information visit www.walthamforest.gov.uk/libraries or phone 020 8496 3000.

A safer Waltham Forest

Waltham Forest Council has four key priorities to help improve the lives of residents. In this edition we look at how the Council is working with its partners to make our community a safer place

The Council is cracking down on street drinking so all residents can enjoy the borough's parks

Monitoring the borough's CCTV network

Cllr Liaquat Ali MBE JP and Council Leader Chris Robbins meet some of Waltham Forest's new police officers

Making you feel safe in Waltham Forest – both in your own home and while you're out and about – is a top priority for the Council. Detecting and preventing crime not only makes the borough a safer and better place to live, work and visit; it also saves money for the 'public purse' in the long term.

Thanks to an ongoing partnership between the Council, the police and local charities, information about crime and the factors behind it is constantly being shared so that local issues can be tackled and prevented as they arise.

Everything from the way a street is lit, to the layout of public areas and CCTV can have an impact on crime and our perceptions of whether an area feels safe or not. That's why a range of council teams – from community safety to regeneration – are involved in an ongoing conversation about how the borough can be made safer.

"Preventing crime is equally as important as catching those responsible for it," Cllr Liaquat Ali MBE JP, Cabinet Member for Community Safety and Cohesion, told Waltham Forest News.

"That's why it underpins everything we do – from how we design our regeneration schemes and public areas, to who we stop from using our parks, for example problem drinkers who can become a nuisance to other park users."

Crime figures

Back in November Waltham Forest News reported that robbery and burglary rates had dropped locally for the third year running, something only one other London borough had achieved. Since then, figures show that vehicle crime is down by 7 per cent and domestic burglary by 5 per cent, from September to December 2013.

"While it's great news that certain types of crime are going down, we know that we can't afford to be complacent," said Cllr Ali. "We know that there are still some small pockets of localised crime and that's what we're working with our partners to address."

Street drinking

In October the Council used its legal powers to ban a regular problem drinker from Coronation Gardens in Leyton for three months, to stop him causing a nuisance to local park users.

Acceptable Behaviour Agreements – agreements which ban problem drinkers from the park and the surrounding area are being explored by the Council. And the police are also using their powers to move people from the park and High Road Leyton. Since September, 39 'Section 27 Directions' – which require people at risk of alcohol-related crime and disorder to leave an area for 48 hours – have been issued.

Walthamstow Town Centre is also being cleaned up, thanks to a joint operation to tackle problem drinking. In the past year 11 persistently problematic individuals have been identified in the area, and so far, Anti-Social Behaviour Orders (ASBOs) have been obtained against three of them, with another seven currently under consideration. A total of 224 Section 27 Directions and 141 fixed penalty notices for associated littering behaviour have also been issued.

Off licences and supermarkets are also being asked to do their bit to reduce alcohol-related crime, especially where their punters are contributing to anti-social behaviour problems. To date, nearly 50 premises have signed up to the Council's Reduce the Strength campaign, which calls for them to stop selling beer and cider with an alcohol content of 7.5 per cent or more. As low cost, high alcohol drinks are often more attractive to people with alcohol addiction problems, the scheme makes it more difficult for problem drinkers to get as intoxicated.

"We want the borough to have a healthy night-time economy and we're leading a number of regeneration projects across the borough, to try to achieve this," said Cllr Ali. "That said, we don't want a night time economy to mean more people are out on the streets, drunk and causing a nuisance, so it's important that we work with licenced premises to make sure our streets are safe for everyone."

Training

Bar staff and shop cashiers were also offered training in December so they can spot the signs of drunkenness on their customers and know when to stop serving alcohol. Forty people have now completed the Award in Responsible Alcohol Retailing (ARAR) course, which was offered free of charge thanks to funding secured by the Council. And 12 local pubs have applied to join the 'Best Bar None' accreditation scheme, which promotes responsible bar management.

Prostitution crackdown

Another local issue being tackled is kerb crawling in the Lea Bridge Road area. Led by the police, November's Operation Dash saw 74 arrests made over two weekends and further enforcement work is planned over the coming months.

"We are working with the police to identify why this issue has increased recently, and to find solutions so that people living in the local area feel safe walking on their streets, day or night, said Cllr Ali.

Many of the men arrested for kerb crawling had no prior offences and will voluntarily be attending an impact course, which they must pay for, to educate them about the consequences of their behaviour.

As the operation continues, the Council will be working with its partners to ensure that where possible, sex workers are supported with housing, employment and drug and alcohol abuse services.

More info

To find out more visit **www.walthamforest.gov.uk** and search 'community safety' or phone Waltham Forest Direct on **020 8496 3000**.

What you say

Residents tell Waltham Forest News what they think about the Council's work to make our community a safer place

Ann Ball, Walthamstow

"I feel safe when I'm out and about. There certainly was an issue with street drinkers in the town centre, but it's a lot better now. I think there are more police around now, on the high street, where we need them."

Namik Ahmet, Walthamstow

"I have lived here for 30 years and the latest figures about crime going down don't surprise me. I have certainly seen an improvement. Getting more police has got to be a positive thing, but overall it really isn't bad round here."

Mohammed Shara, Walthamstow

"I think a more visible police presence would be a good thing, particularly after dark. I think the Council's approach to tackling gangs is very worthwhile. It is a difficult issue, but certainly worth tackling."

Trisha Cuffe, Walthamstow

"I think with issues such as gangs it is very much about education. Kids need role models and I think the Council is right to get into schools to talk to them about the issue. They need real alternative opportunities."

Priority: Making our community a safer place

Commitment:

- Continue to pay for extra police officers
- Work with our young people at risk of joining gangs to make sure they have a positive alternative
- Create an anti-social behaviour task force to tackle anti-social behaviour throughout the borough
- Target bad landlords and support good ones

Priority: Helping you and your family

Priority: Keeping our borough clean

Priority: Bringing you better shopping, streets and leisure

www.walthamforest.gov.uk/priorities

Waltham Forest

In brief

Members of Lloyd Park Sharing Heritage group

Sharing event

Members of Lloyd Park Sharing Heritage – an over 50s group – held a celebration event at the park on Saturday 14 December. The event included a screening of the group's own animation film that shares the rich heritage of the park and is now available on the Council website. "This project meant a great deal to me, said one member. "It provided me with the company of like-minded people and I've made many friends". The group meets every Wednesday from 10am to 12noon at the community bowls pavilion in Lloyd Park.

• **For more information email ellie.mortimer@walthamforest.gov.uk or phone 020 8496 3000.**

Snow Angels

Waltham Forest's Snow Angels scheme has seen over 500 residents sign up to help keep the borough moving during wintery conditions. But there's always room for more willing volunteers for anyone who might be able to help lend a hand if it snows this year. Residents who join the ranks of the Snow Angels can look forward to receiving a 20kg bag of grit, a branded hi-visibility vest, gloves and a snow scoop or shovel. All you need to do is be able to help make pavements and pathways safe in your neighbourhood.

• **If you would like to become a Snow Angel please email environmental.services@walthamforest.gov.uk or phone 020 8496 3000.**

Parking payment

One-third of all transactions for parking in bays in Waltham Forest are now carried out using PayByPhone. The scheme, introduced in May 2013, offers several ways to register and pay using a mobile phone; online at www.paybyphone.co.uk, by downloading the App (search for PayByPhone), phoning 01962 433 433 or texting 65565. Residents without mobile phones, credit or debit cards can also pay with cash at over 100 local PayPoint shops and the Council has also extended the sale of parking vouchers until mid-2014.

• **For more information visit www.walthamforest.gov.uk/parking or phone 020 8496 3000.**

The Council is keen to get more people growing food locally. Picture courtesy of Organiclea

Allotments up for grabs

- **Green-fingered residents can apply as allotment list is reopened**
- **Allotments play a key role in the Council's Food Growing Strategy**

Residents interested in growing their own food will be please to hear that Waltham Forest Council will be taking on a specific number of new applicants for allotment sites in the borough.

Part of the Council's Food Growing Strategy is to create new food growing spaces across the borough and allotments play a key role. Cllr Clyde Loakes, Deputy Leader and Cabinet Member for Environment, told Waltham Forest News: "We've created over 200 new food growing plots in the past 12 months by transforming unused green space and vacant allotments. And over the last 18 months have reduced the allotment waiting list from more than 900 applicants to currently just over 200.

"We have achieved this by revising the eligibility criteria to prioritise plots for Waltham Forest residents. Therefore out-of-borough applicants are no longer eligible and residents who already own an allotment plot are also no longer eligible to be on the waiting list."

The Council has also revised the waiting list policy to ensure that only applicants who are serious about obtaining an allotment plot remain on the list.

Anyone interested in a plot should get in touch with the Council as soon as possible. The Council is currently taking a specific number of new applicants in the following areas of the borough: 33 in Chingford, 48 in Walthamstow and four in Leyton.

Residents will be placed on the waiting list on a first come, first served basis and cannot put their name down for more than one part of the borough. Some of the plots that are immediately available may be overgrown and require some work due to non-cultivation by the previous plot holder.

The Council will offer incentives for individuals who take on and work these plots on a consistent basis and successful applicants will be made aware of these incentives at the time of offer.

Overall there are currently 39 allotment sites throughout Waltham Forest. Of these, 16 are managed by the Council's Allotments Officer, 11 are self-managed, seven sites are leased to allotments not managed by the Council and four are privately run.

> **"We've created over 200 new food growing plots in the past 12 months."**

The Council has worked with its partners including the Community Payback scheme to support allotment holders who are ill or infirm for long or short periods of time as well as plot holders who are struggling to maintain their plots on Higham Hill Common Allotments – the largest Council managed site (160 plots) and oldest in the borough.

The Council will also be working with other voluntary groups to help build raised beds on allotment sites in order to be able to meet the needs of any residents with disabilities who have an interest in gardening or growing food.

There are currently four allotment sites that house bee hives. The Council's new bee policy has encouraged beekeepers and potential beekeepers to register their interest and apply for bee hives on their sites.

Having honey bees on sites helps support local food production and this adds to increasing the quality and flavour. In an urban environment, bees can be very productive as they are able to forage from a wide range of plants in gardens and parks over a wide flowering period, providing a valuable pollinating resource for gardeners and wild plants.

More info

If you would like to be considered to join the Council's Allotment waiting list phone **020 8496 3000** or email **environmental.services@walthamforest.gov.uk**

Two more blue plaques

- **Waltham Forest Council celebrates borough residents of distinction**
- **New blue plaques erected for socialist pioneer and British jazz legend**

Dave Shepherd holding his blue plaque before it is erected at his birthplace in Brookdale Road, Walthamstow

Blue plaques to commemorate notable one-time residents of the borough have been erected in Walthamstow. One of the very first Labour MPs, Pete Curran, has been recognised with a plaque on his former home, as has acclaimed British jazz clarinettist and bandleader Dave Shepherd.

Pete Curran represented Jarrow as a Member for Parliament from 1907 to 1910. His family home was at 1 Pretoria Avenue in Walthamstow and he is buried in Leytonstone cemetery.

His great grandson, Graham Reeve, contacted Waltham Forest Council about erecting a plaque, having previously organised a commemoration at Leytonstone cemetery 100 years after he was buried.

"He is not so well known as other Labour historical figures and is a 'forgotten man' of the early days of the Labour Party and the Trade Union movement," explained Mr Reeve.

"In addition to being the first Labour MP in the north east of England, he was the Chair of the First Management Committee of the General Federation of Trade Unions in 1899 and was imprisoned for a time for his trade union activities.

"At his funeral, 10,000 people lined the local streets and the mourners included Ramsey Macdonald. There is a recent biography entitled the 'Life and Times of Pete Curran' written by Ron Curran (no relation) which includes a foreword written by Neil Kinnock."

While Pete Curran may no longer be with us, Dave Shepherd is alive and well and attended the erection of his plaque at 27 Brookdale Road in Walthamstow.

While he was born at the address on 7 February 1929, he also lived close by in Greenleaf Road and later in Perth Road, Leyton. Speaking exclusively to Waltham Forest News he said, "I feel very honoured and grateful. It's just a shame there isn't more of my family around to see it."

Dave started playing at 16 and was inspired after going to a gig in Chingford to watch another local jazz dignitary who was honoured with a new blue plaque just last year – John Dankworth.

"I lived in the borough until I was 18 when I joined the army," Dave told Waltham Forest News. "I was only in this house until I was four years old, but it's certainly where it all started."

More info

For further information about heritage plaques, listed buildings and conservation areas in Waltham Forest visit **www.walthamforest.gov.uk**. Free internet access is available at all libraries in the borough.

In brief

Safe students

Three Waltham Forest students were the lucky recipients of free driving lessons last month presented to them by the Mayor of Waltham Forest, Cllr Nadeem Ali. John Heath from Waltham Forest College won a voucher for ten driving lessons from a local driving school, while Mervay Kmt from Holy Family Catholic School and Danielle Thomson from Sir George Monoux Sixth Form College each won a voucher for five driving lessons. They were among 1,000 students from across the borough who attended a road safety play organised by Waltham Forest Council called 'Safe drive, Stay alive' in October. The vouchers were sponsored by Project Centre Ltd.

- **For more information visit www.walthamforest.gov.uk and search 'road safety'. Additional information is also available at www.safedrivestayalive.org.**

WALTHAM FOREST Get Together

LOVE YOUR BOROUGH AWARDS 2014

WHO'S YOUR UNSUNG HERO OR HEROINE?

Waltham Forest Council is on the lookout for community heroes for the Love Your Borough Awards 2014.

These annual awards are for the people and organisations that help put the spirit back into their community and promote pride in the borough.

Tell us who you think is so inspiring they deserve to be recognised with a 2014 Love Your Borough Award.

Nominate your local heroes and they could win £250 of Capital Bond vouchers.

The award categories are:
- Citizen of the Year Award
- Uniformed Service Hero Award
- Volunteer Group of the Year Award
- Improving Your Neighbourhood Award
- Health and Wellbeing Award
- Making Waltham Forest Safer Award
- Sporting Inspiration Award

The closing date for all entries is 12noon Monday 3 February 2014.

To make a nomination or find out more visit www.walthamforest.gov.uk/love-your-borough or call 020 8496 3000

Facebook.com/walthamforestcouncil Follow us on twitter @LBWFEvents #loveyourborough

Waltham Forest

Investing in our local arts – apply for grant funding now

- **New grants to strengthen artistic and creative activity in the borough**
- **Match funding and grants to support volunteering activities also available**

A Leyton carnival goer wearing a costume made from recycled materials

Local artists and groups can now apply for funding in the second round of a grants programme set up to support arts and culture in the borough.

Launched in October, the £200,000 Arts Development Grants programme is designed to help local groups and organisations identify new ways to deliver arts and culture locally, and encourage residents to work together to deliver arts activities, events and festivals for local people.

The first round of grants has now been awarded to a range of exciting projects including the popular volunteer-led Stow Festival; a puppet project – which brings the art of shadow puppetry to the local community – and a partnership project that combines the arts with historical research.

Local individuals, community groups and voluntary and not-for-profit organisations now have until Friday 28 February to apply for the second round of grants. Applications for grants worth up to £15,000 each will close on that date.

Cllr Ahsan Khan, Cabinet Member for Health and Wellbeing, said: "This funding is part of a wider Council strategy to make the arts more accessible for local people. That's why we've committed this funding for 18 months and have just asked residents to tell us how we should be supporting arts and culture activity in Waltham Forest – through our 'Arts for All' consultation.

"We know that the borough has a great deal of artistic talent and we want the funding to harness that talent and support local people to deliver arts and culture activities for their local community."

In addition to funding, a new forum – the Waltham Forest Creative Practitioners – has been launched, to bring arts practitioners together and help develop partnership opportunities. The first meeting will take place at 6.30pm on Tuesday 28 January at Waltham Forest Town Hall (Forest Road, E17 4JF) and anyone from the local arts world is welcome to attend.

Match funding and volunteering support grants are also still available for non-arts groups and organisations in need of a boost. Worth a total of £150,000 in 2013/14, this scheme's next deadline is Monday 3 February so get your applications in quickly!

More info

For more information on Arts Development Grants and the forum visit **www.walthamforest.gov.uk/arts**, phone **020 8496 3000** or email **margaret.agana@walthamforest.gov.uk**. For more information on other grants and Council consultations visit **www.walthamforest.gov.uk/community-engagement**

Recycle more in Waltham Forest

We know you may have more waste to dispose of in the New Year, so use both your green and brown bin to recycle as much as possible.

You can recycle these items in your green bin

Don't forget to 'wash and squash' – rinse out any containers and flatten where possible to save space.

You can recycle these items in your brown bin

Real Christmas trees – place your real tree in or alongside your brown bin for collection.

Use your brown kitchen caddy to collect food waste in your home, and empty it into your brown bin once it's full. Garden waste can also go in your brown bin.

Don't forget to use caddy liners labelled 'compostable', not plastic bags.

recycle for Waltham Forest

Need help with your recycling? Contact Waltham Forest Direct
Phone **020 8496 3000** or email **wfdirect@walthamforest.gov.uk**

www.walthamforest.gov.uk/recycling

Waltham Forest

Christians Against Poverty will make an appointment to visit you at home to discuss your finances and work out a detailed budget

Managing your money

- **Local organisations offer free, impartial advice on keeping your finances in order**
- **Seeking advice early can help stop money problems before they begin**

For many of us January is a time for positive thinking and looking forward to what the year may bring. But for others, it can lead to stress and anxiety as money and debt problems can grow and get out of hand.

In the current financial climate many of us are already feeling the pinch, with Christmas expenses adding more pressure to already over-stretched finances. The good news is that there are a number of local organisations that can offer free, impartial advice and help you get your finances back on track for the coming year.

Christians Against Poverty

National debt counselling charity Christians Against Poverty (CAP) runs a free debt advice service in partnership with St Mary's Church in Walthamstow. CAP gives non-judgemental advice and practical help to people troubled by debt. The service is open to all Waltham Forest residents regardless of age, gender, faith, background or where you live in the borough.

When you contact CAP an advisor will arrange to come and see you at your home. They will talk through your difficulties and help you work out a payment plan and a carefully planned budget which aims to get you debt free within five years.

Claire Donaldson, Centre Manager for CAP's Waltham Forest Branch, told Waltham Forest News: "Contrary to popular opinion, most debt is not caused by reckless overspending. Our work shows the majority of people are pushed into bad debt through job losses, pay cuts, illness or relationship breakdowns.

"While we can't pay your debts for you, we can offer long term support and help you budget and get your finances back on track. Although people may face difficult choices we will be there throughout the process and will make sure you can pay your bills and feed your family."

> **"Contrary to popular opinion, most debt is not caused by reckless overspending."**

As well as making home visits, CAP also plan to begin monthly drop-in advice sessions on managing your finances.

To find out more phone CAP on 0800 328 006 or visit www.capuk.org.

National Debtline

The National Debtline gives free, confidential and independent advice to people experiencing debt problems. The telephone helpline is open Monday to Friday, 9am to 9pm and on Saturdays from 9.30am to 1pm.

National Debtline also has a website where you can download an information pack on dealing with debt, a personal budget section so you can work out what repayments you can afford and a range of sample letters to help you write to your creditors. You can also check if you can pay for your debts via a Debt Management Plan and see if you qualify for a Debt Relief Order.

Phone National Debtline on 0808 808 4000 or visit www.nationaldebtline.co.uk.

Waltham Forest Community Credit Union

The Waltham Forest Community Credit Union (WFCCU) offers savings, loans and money management advice to people who live or work in Waltham Forest. The union is owned by its members and run for its members.

The credit union is a financial cooperative, run mostly by volunteers, where you can save money and get a portion of profits back once a year or borrow money when you need it at low interest rates.

Your savings can help your neighbours to access affordable loans to buy school uniforms, get a new washing machine or fix their car. Any surplus the union makes is given back to members as a dividend (portion of profits). It's a no-cost way to give something back to your local community.

Anyone over the age of 16 can become a full member of the WFCCU, although you cannot borrow money until you're 18. There is a one-off set up fee of £5 when you join and you must deposit a minimum of £5 in your account.

WFCCU also offers a Junior Savers scheme for children under 16. The accounts can be opened by children themselves so they can get on with managing their own money independently. There is a one-off set up fee of £2 and you must deposit a minimum of £2.

All savings are protected under the Financial Services Compensation Scheme. So if, for any reason, the WFCCU were to close down you'd get all of your money back. Crucially, WFCCU also insures your savings free of charge. In the event of your death your savings will be doubled and paid out to the person you nominate and your loan will be paid off so that your family doesn't inherit your debt.

Visit www.wfccu.org or phone 020 8520 8740.

Citizens Advice Bureau

As well as offering advice on debt and money management, the Waltham Forest Citizens Advice Bureau (WFCAB) provides both general and specialist advice on a wide range of issues including welfare benefits, immigration and employmetn.

The WFCAB is a registered charity and a member of the national network of Citizens Advice Bureaux across the UK. The two main aims of the organisation, which underpin all of its activities, are to provide the advice people need for the problems they face and to improve and inform policies and practices that affect people's lives.

They offer free, confidential, impartial and independent advice and the service is open to all Waltham Forest residents regardless of race, gender, disability or sexuality.

More info

Visit **www.walthamforestcab.org.uk** or phone **020 8521 5125** to find out more.

Sports and fitness

Pop Up Yoga

Every day until 19 January

3 Central Parade, 137 Hoe Street, E17 4RT

For two weeks only, The 'Stow gets a new yoga studio brought to you by Yoga Me Happy. Full time schedule, with something for everyone! **For more information phone 07710 621268, visit www.yogamehappy.co.uk or email yogamehappy@yahoo.co.uk**

Free Karate Classes for All

Classes run seven days a week

Waltham Forest Pool and Track, Larkswood Leisure Centre, The Peter May Sports Centre and Forest School

Come along and take a free trial Karate class at any of the venues listed above. **For more information visit www.karate-london.co.uk or phone 01992 768664.**

Tennis coaching

Various days and times

Walthamstow Tennis Club, 48a Greenway Avenue, E17 3QN

Free tennis coaching from Wimbledon Experience if you take out a discount membership package at Walthamstow Tennis Club. **For more information email tennis@wimx.org.uk or phone 07815 693284.**

West Essex Ramblers

Days and times vary

This friendly rambling group has at least four walks a week of varying length and pace. We welcome new walkers, come along and try a couple of walks. **For more information, and a sample programme, phone 020 8502 1628 or visit www.westessexramblers.org.uk**

Learn Belly Dancing

Tuesdays, 7–8pm

The Asian Centre, Orford Road, E17 9LN

A great way to help you stay in shape and allow you to express your own personal creativity, enjoyed by many people around the world and for all ages. Enjoy belly dancing for £5 for one hour lesson. **For more information phone Sarah on 07735 345635.**

Dynamic Hatha Yoga

Thursdays, 8–9pm

La Trevi Restaurant, 476–478 Larkshall Road, E4 9HH

This class is a dynamic, vinyasa flow practice. Yoga postures are linked together to produce an invigorating and energetic practice. This practice will develop strength, flexibility, mental focus and aid in weight loss. Some experience in practicing yoga is beneficial for this class. Five class pass £40 or 10 class pass £70. Single classes £10. **For more information, and to book, phone Clare on 07931 734798, email clare@lotushealthandfitness.co.uk or visit www.lotushealthandfitness.co.uk**

Pilates Classes

Tuesdays, 6.45–7.45pm and Saturdays, 11.15am–12.15pm

La Trevi Restaurant, 476–478 Larkshall Road, E4 9HH

Pilates is a safe exercise method, suitable for all fitness levels. Through regular practice you will develop muscular strength without 'bulky' muscles, flexibility and core strength. Pilates focuses on improving posture and joint alignment and thus reduces the occurrence of back pain and general joint pain. Five class pass £40 or 10 class pass £70. Single classes £10. Six week introduction to Pilates course £45. **For more information, and to book, phone Clare on 07931 734798, email clare@lotushealthandfitness.co.uk or visit www.lotushealthandfitness.co.uk**

Yoga Classes – Mixed Ability

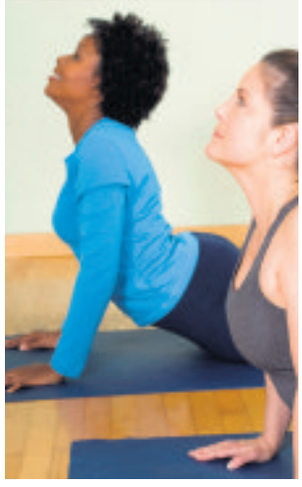
Wednesdays, 7.30–9.30pm and Thursdays, 7–8.30pm and 8.40–10.10pm

Friends Meeting House, Bush Road, E11 3AU

Fridays, 7–8.30pm and 8.40–10.10pm and Mondays, 1–3pm

Peterhouse Centre, Forest Rise, E17 3PW

All mixed ability classes. Beginners welcome. Down-to-earth Hatha Yoga. Help for anxiety and depression as well as physical problems; sleep better, feel better. Fully qualified teacher since 1984. £8 for 1.5 hour classes and £8.50 for 2 hours. **For more information, or to book, phone Kay Russell on 020 8554 7168 or email kay_russell_yoga@hotmail.com**



Pilates Classes

Saturdays, 9am and 10am

Leyton Youth Centre, Crawley Road, E10 5PY

Drop in Pilates classes. General level class starts at 9am and beginners class at 10am. Classes cost £10 and mats and small equipment are provided. Alison, the teacher, is highly qualified and experienced and has been teaching for 14 years. Pilates can improve your strength, flexibility, balance, coordination, bone density, reduce pain and encourage relaxation. **For more information email alison.bray@gmail.com or visit www.facebook.com/abpilateslondon.**

Zumba with Zoe

Mondays, 7.30pm

The Score Centre, 100 Oliver Rd, E10 5JY

Classes are great fun and an excellent way to keep fit and lose weight. Zumba is your opportunity to express yourself and unleash your 'Latin within' and every class feels like a party! £5 per class. **For more information email info@zumbazoe.co.uk or visit www.zumbazoe.co.uk**

Pegasus Military Fitness

Tuesdays, 9.30am and 7pm; Fridays, 9.30am and Saturdays, 9am

Meet Tuesdays and Fridays at New Road car park, E4 9EY. Meet Saturdays at Bury Road car park, Chingford Plains

Group fitness classes run by motivational instructors. £5 per session pay as you go. **For more information visit www.pegasusmilitaryfitness.com or phone 07866 658735.**

Women only Pilates

Fridays 7–8pm

Foster Hall, Wellesley Road, E17 8JZ

Traditional Mat-based Pilates is one of the most effective body sculpting workouts you can do. Pilates combines strengthening, relaxation, flexibility, alignment and stamina by correcting muscular imbalances together with alleviating tension. Mixed abilities, £5 per class, mat required. **For more information email mariabonner@btinternet.com or phone Maria on 07514 180360.**

Jacky's Fitsteps – Strictly fun!

Wednesdays, 9.30–10.30am and Thursdays, 6.45–7.45pm

Mornington Hall, The Green, E4 7EN

FitSteps® is formulated by Strictly Come Dancing's Ian Waite and Natalie Lowe along with Mark Foster. It's ideal for toning, building muscle strength and slimming down. You do not need a partner, as it's a fitness class. Jacky runs classes in Walthamstow and Wood Street too. £6 per class or four classes for £20. **For more information phone 07715 421349, visit www.fan.fitsteps.co.uk/find-a-class/listing/jackys-fitsteps or email jacjuke@aol.com**

Clubs and community

Next Step course for adults with dyslexia

Wednesdays until 12 February, 6.30–8.30pm

Leyton Sixth Form College, Essex Road, E10 6EQ.

Waltham Forest Dyslexia Association is running a free Next Step course for adults with dyslexia who are thinking about getting back into education or employment. The five sessions take place on Wednesday evenings. **To book a place phone Helen Bigham on 07702 601897 or email helenbigham@hotmail.co.uk**

Theatre Studies – Spanish Golden Age

Tuesday 14 January to Tuesday 25 March, 10am–12noon

Greenleaf Centre, Greenleaf Road, E17 6QP

Theatre Studies course focusing on "comedia" – a selection of plays by playwrights such as Lope de Vega and Calderon. Course costs £79 but is free for those in receipt of certain benefits. **To book a place phone 0800 3281 4060, email walthamstowwea@yahoo.co.uk or visit www.london.wea.org.uk**

London: History of Entertainment course

Tuesday 14 January to Tuesday 25 March, 7.30–9.30pm

ShernHall Methodist Church Hall Shernhall Street E17 9HX

How class, wealth and origin affected the development of London's entertainment including music, dance and theatre. Course costs £79 but is free for those in receipt of certain benefits. **To book a place phone 0800 3281 4060, email walthamstowwea@yahoo.co.uk or visit www.london.wea.org.uk**

Affordable Psychotherapy in English and Spanish

Monday to Friday, 9am–8pm

Near Blackhorse Road Station

Short and long term psychotherapy for individuals and couples. Sliding scale of fees, meaning that everyone can access psychotherapy. Concessions for students, unwaged and retired people. **For more information phone Valeria Bonfiglio on 07912 887588, email vb.psychologist@gmail.com or visit www.valeriabonfiglio.co.uk**

Family History

Tuesday 14 January, 8pm

Spruce Hill Baptist Church Hall, Brookscroft Road, E17 4JP

Join us for a light-hearted quiz and see how much you know about family history and local history – followed by tea and cakes. We are a small, friendly group that meets every second Tuesday of the month at 8pm – please join us! Admission free. **For more information phone Mark on 020 8530 4755, email mcarroll@waitrose.com or visit www.wffhs.org.uk**

Burns Night

Saturday 25 January, 7.30pm

Waltham Forest Social Club, Town Hall Complex, Forest Road, E17 4JF

Burns Night in aid of Waltham Forest Sheltered Housing Group. Tickets cost £13 which includes a Haggis, Neeps and Tatties meal and one free whisky. There will also be performances by a Scottish poet and The Stow Caledonian Pipe Band. **To buy tickets phone Tommy Anderson on 07506 733392.**

LETS Escape!

Sunday 26 January, 12–3pm

WaterWorks Centre, Lammas Road, E10 7QB

Want to escape out to the fresh air from the post-festive slump of chocolate and fireside? Join your fellow traders and neighbours on a New Year's ramble with Waltham Forest LETS round Waterworks Nature Reserve. Swap festive stories and resolutions, find out more about our fantastic local trading system and join LETS at Springfield Café afterwards. Including a walk back up to Walthamstow via Coppermill Lane at 3pm. **For more information email info@wflets.org or phone Rasheeqa on 07784 506494.**

Free English Classes

Mondays and Thursdays, 9.30–11am

Christ Church, Francis Road, E10 6PL

Want to improve your English? Then join us at this class for beginners and improvers. All learning materials are provided free of charge. Just bring your own pen and notebook. Sorry, no crèche. **For more information phone 020 8925 2728.**

Learn Mandarin

Monday to Sunday, 8.30am–8pm

LCB Education Centre, Suite 12 Gateland Business Centre, 210 Church Road, E10 7JG

Learning Mandarin and Chinese culture with an excellent, welcoming and approachable teacher. A range of courses from beginners to advanced for Reception pupils up to senior citizens. It will be beyond your expectation and you will find out that Chinese is not as hard as you think. **For more details, please phone Mr Jianhui Cai on 07412 485813 or email crossculturebilingualeducation@yahoo.co.uk**

Beginners Computer Courses for over 50s

Starts January 2014

Ten week beginner computer course covering all aspects of getting started with using a computer, including using the internet, email and basic word processing. Group courses are held across the borough and cost £39.90. Alternatively if you have a computer and internet connection at home, one-to-one courses cost £99. Places are limited and allocated on a first-come, first served basis. **For more information, please phone Age UK Waltham Forest on 020 8558 5512.**

Culture and crafts

Life Drawing

Mondays, 7.30–9.30pm
Plough and Harrow pub, 419 Leytonstone High Road, E11 3JU
Drop-in drawing session. This is an unconventional drawing class, untutored, sociable and friendly. We like learning from each other about various drawing techniques, anatomy, shading etc. Art materials are provided, £6 per session.

Word Down Walthamstow

Saturday 25 January, 7.30pm
Red Room, Ye Olde Rose and Crown, 53–55 Hoe Street, E17 4SA
Featuring host comic poet Neal Zetter, hilarious stand up sets from Ian Lane and Dave Green, anarchic tales and music from Madame Charlotte-Ann Arcati, plus the spoken word wit of Richard Allen. Open mics must arrive at 7.15pm to sign up or message WdW's Facebook page. Full bar. Tickets £5 on the night or in advance. Entry is free for performers. **For more information phone 020 8509 3880.**

E17 Jazz

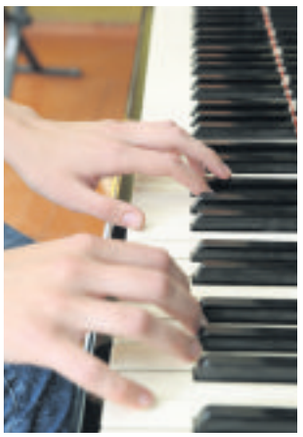
Wednesday 29 January, 8.30–10.30pm
Orford House Social Club, 73 Orford Road, E17 9QR
The award winning E17 Jazz Collective presents concerts on the last Wednesday of each month featuring local musicians of national renown plus exciting guest stars in a relaxed jazz club setting. **For more information visit www.e17jazz.com/whatson**

Urban Decay, Urban Ascent

Until Saturday 1 February, times vary
The Mill, 7–11 Coppermill Lane, E17 7HA
'Urban Decay, Urban Ascent' is a photography exhibition by students from Leyton Sixth Form College's Photography course. The exhibition is open during The Mill's normal hours. **For more information phone 020 8521 3211, visit www.themill-coppermill.org or email info@themill-coppermill.org**

Four Winter Writing Workshops

Tuesdays from 28 January, 7–9pm
39 Orford Road, E17 9NL
This series of writing workshops with author, journalist and lecturer Brandon Robshaw will focus on the short story, the essay, starting a novel and poetry. Every session will include discussion, writing exercises, reading out work and writing tasks to take home. You should finish the course with plenty of work in progress to continue with. **For full course details visit www.mendham-writers.com. To book email rochelle@mendham-writers.com or phone 07743 898043.**



Piano and Guitar Tuition

Flexible dates and times
Learn to play a range of musical styles from the comfort of your own home. Available to both children and adults. Covers all levels from complete beginner to advanced. Styles include classical, jazz, Spanish and world music. Exam preparation included with a current 100 per cent pass rate. £30 per hour, the first lesson is free. A discount is available on multiple lesson purchases. **For more information phone Paul on 07515 156331 or email paul.mountford@hotmail.co.uk**

Children and young people

Celebration of Olympic Spirit

Thursday 30 January, 5.30–6.45pm
Leytonstone Library, 6 Church Lane, E11 1HG
Young people from local charity Leytonstone Youth Matters have made a short film and scrap book looking at the London 2012 Olympic Games and people's experience of volunteering. Come to the premiere of the film, meet the young people and enjoy some nibbles.
For more information email marketing@leytonstoneyouthmatters.org.uk

Maths and English Tuition

Mondays, Tuesdays and Saturdays
Leyton First Class Learning help children succeed in Maths and English. **For more information phone Rosa on 07503140389 or visit www.firstclasslearning.co.uk/leyton**

E17 Junior Guitar Club

Saturdays, times vary
Hornbeam Centre, 458 Hoe Street, E17 9AH
Guitar playing fun for children of all abilities. Ages 7 and upwards. Pay £8 for a taster session, then £48 for a half-term of six 30 minute lessons. **For more information phone Christian Karlsson on 07958 471083, email chris@stunningmusic.com or visit www.stunningmusic.com**

Acting Bugs

Tuesdays, 1.50pm
St Mary's Church Hall, Church Hill, E17 9RJ
Fridays, 9.50–11.30am
The Peterhouse Centre, 122 Forest Rise, E17 3PW
Acting Bugs/Diddy Bugs are brand new tots drama groups lead by local TV actress and mum Sam Seager and her team. The sessions last 45 minutes and introduce children aged 18 months to 5 years to drama in a fun and playful way. The sessions will get your little ones' imagination buzzing, help develop focus and build confidence in a friendly and safe environment. Numbers strictly limited so please email or call to book your free taster session. **For more information phone 07548 196722, email info@actingbugs.co.uk or visit www.actingbugs.co.uk**

Trapeze Classes

Tuesdays, 4.15–5.15pm and 5.20–6.20pm
Gravity Circus Centre, Unit 61 Cromwell Industrial Estate, Staffa Road, E10 7QZ
Block one runs from Tuesday 7 January to Tuesday 11 February. Block two runs from Tuesday 25 February to Tuesday 1 April. £65 for six sessions. Six places per class. Trapeze will help your child develop confidence, strength and flexibility in a fun and creative environment. **For more information, or to book, contact Layla Rosa. Email layla@shunt.co.uk or visit www.laylarosa.co.uk**

Little Legs Football Training

Mondays, 5.30–7pm
Goals Centre, Morrisons Avenue, E4 8SN
Eastside Rangers Community Football Club is a charter standard club for ages four to 13. Beginners and advanced groups available. Medals to be won each week. £5 per child or block booking option available. We are looking for players to join our under eights team (school year 2/3) now. Train during the week with us working on the basic skills and play matches locally on the weekend. Staff are all qualified and trained to meet the needs of children. **For more information phone 07939 366992.**

Community Ward Forums

Hatch Lane, Hale End and Highams Park joint meeting

Monday 20 January, 7–9pm
Longshaw Primary School, 18 Longshaw Road, E4 6LH

For more information on Community Ward Forums visit www.walthamforest.gov.uk/community-ward-forums

Council Meetings

Tuesday 14 January
Adult Social Care Scrutiny Committee

Wednesday 15 January
Overview and Scrutiny Management Committee

Thursday 16 January
Audit and Governance Committee

Tuesday 21January
Cabinet, 5pm

Thursday 23 January
Health and Wellbeing Board, 12.30pm

All meetings are held at Waltham Forest Town Hall and start at 7.30pm unless stated otherwise.

Tell us what's on

Email your event details to:

walthamforestnews@walthamforest.gov.uk

Free internet access is available at all libraries in the borough.

The deadline for 17 February edition is
Friday 31 January

Please note inclusion cannot be guaranteed, due to the high volume of requests received.

Licensing of all Privately Rented Properties

Better Housing

We think...

that every privately rented home in Waltham Forest should be licensed by the Council, so we propose to make the borough a Selective Licensing Area.

What do you think...

For full details and to comment on the proposal visit **www.walthamforest.gov.uk/selectivelicensing**

Alternatively, pop along to one of our street stalls or roadshows. Details are on our website.

The consultation is open until **24 January 2014** and only takes a few moments to complete.

For more information call **020 8496 3000.**

Creating a better place

Waltham Forest

Let us help you get to grips with technology in 2014!

Confused by computers?
Troubled by technology?
Bewildered by the web?

Beginners computer courses for older adults

Being online gives you access to a world of information, making it easier to stay in touch with family and friends, save money, discover new hobbies and shop from the comfort of your own home.

Our ten week beginner computer course covers all aspects of getting started with using a computer, the internet, email and basic word processing.

Group classes take place in venues around the borough and cost £39.90. We hold day, evening and weekend classes.

Alternatively, if you have a computer and internet connection at home but lack the confidence to use it, we can provide a tutor to teach the course in the comfort of your own home. The one-to-one course costs £99.

For further information, please contact Age UK Waltham Forest on 020 8558 5512

Waltham Forest age UK

THE LEGACY LIST

Beanstalk
Read • Grow • Succeed

Help a child to read - volunteer today

Beanstalk is a charity that supports and trains volunteers to work in Waltham Forest primary schools with children aged 6-11 to help them become confident and literate.

Volunteers urgently needed now!

Contact us at:
www.beanstalkcharity.org.uk
info@beanstalkcharity.org.uk
or call **020 7250 8275**

Beanstalk is committed to safeguarding the welfare of children and young people and requires all staff and volunteers to share this commitment, therefore all reading helpers will be required to undergo a DBS Enhanced check via Route 1 or Route 2

Registered Charity No. 296454
Registered Office: 6 Middle Street, London EC1A 7JA

New Year, new you

- **Try Waltham Forest's new-look leisure centres**
- **£24.5 million investment means you can get fit using first-rate facilities**

The fabulous new pool facilities residents can enjoy at Leyton Leisure Centre

Now that we're well into 2014 and the only memory of Christmas is perhaps a slight mince pie paunch, many of us will be heading to the borough's leisure centres in a bid to make good on those New Year's resolutions to get fit and healthy.

And thanks to a partnership between Waltham Forest Council and leisure provider, Better, a £24.5 million programme of investment has been turning all of Waltham Forest's leisure centres into first-rate facilities.

The new-look Leyton Leisure Centre opened its doors to the public in October following a major £3.5 million refurbishment. Since then visitor numbers have increased by 51 per cent. Between 28 October and 31 December 2013 51,814 people paid a visit to the centre – compared to 34,139 people in the same period in 2012.

Formerly known as Leyton Leisure Lagoon, the centre (763 High Road Leyton, E10 5AB) has been completely overhauled. The refurbishment took eight months and the centre now boasts fantastic new facilities for residents to enjoy. Youngsters can enjoy a dip in the new teaching pool, or take a turn on the waterslides, while adults will be equally delighted with the 25m pool.

Families can take advantage of new crèche facilities, while aerobics enthusiasts can try a class in one of the two studios. There is also a new sauna and steam cabins, while the fast track entry system has cut queues and waiting times.

And if the thought of brand new pool facilities means you're keen to improve your family's swimming skills, then help is on offer in the form of free swimming for under 18s, over 60s and people with disabilities living in Waltham Forest.

As part of the Council-funded scheme eligible residents can swim for free at any time at Waltham Forest's leisure centres. Registration costs £1 for under 18s and £6.90 for over 60s. Disabled people can register free of charge.

Walthamstow Leisure Centre (243 Markhouse Road, E17 8RN) also underwent refurbishment last year and now boasts a new sports hall floor, an all-weather football pitch, new gymnasium floor and improved changing facilities.

Cathall Leisure Centre is currently closed while renovation work takes place but it will reopen as Leytonstone Leisure Centre this summer. In the meantime, a temporary gym facility – known as Cathall Gym – opened at the former Harrow Green Library (6a Cathall Road, E11 4LF) on Saturday 26 October. The facility includes a 70 station gym, free weights and a stretching area. The gym is open from 7am to 10pm Monday to Friday and 8am to 5pm on weekends.

The new-look Leyton Gym 787 High Road Leyton, E10 5AB) opened its doors to the public last year. It boasts a 62 station gym, cardio and resistance equipment and a spacious free weights area.

Larkswood Leisure Centre (Larkswood Leisure Park, New Road, E4 9EY) has also been spruced up and repainted and will be renamed Chingford Leisure Centre later this month, while Waltham Forest Pool and Track will be closed in the Autumn so that the centre can be completely rebuilt.

The athletics track at Waltham Forest Pool and Track (170 Chingford Road, E17 5AA) re-opened last October following a major overhaul. Work included reconstruction of the back and 100m straights, resurfacing of the whole track, line marking and new beds for high jump and pole vault. The improvements bring the track up to the competition standard required by UK Athletics. All residents can use the track free of charge during the daytime between Monday and Friday.

And if the thought of exercising in a gym is not for you, then you might want to try out one of the borough's outdoor gyms instead. You'll find the gyms at Abbotts Park, Leyton; Cathall Green, Leytonstone; Langthorne Park, Leytonstone; Leyton Jubilee Park, Leyton; Lloyd Park, Walthamstow and Ridgeway Park, Chingford.

The gyms include a range of equipment including exercise bikes, treadmills, cross-trainers and weights equipment. They are free to use and each piece of equipment has instructions on how to get the most from your workout.

More info

For information visit **www.walthamforest.gov.uk** and search 'sport and leisure' or phone **020 8496 3000**. To register for free swimming, or find out what classes are available at your nearest leisure centre, visit **www.better.org/walthamforest**. Free internet access is available at all libraries.

In brief

Keep warm, keep well

With more bad weather expected to follow the buckets of rain we've been having, the Department of Health (DoH) has issued guidance on how to stay safe and stay warm during cold snaps. Very cold weather can pose a serious health risk to the very young, very old or those with health problems. The DoH advises people to draw their curtains and keep doors closed to reduce drafts and keep heat in. They should also have at least one hot meal a day, drink plenty of hot drinks and wear several layers of light clothing rather than just one coat or jumper. If you have an elderly friend, neighbour or relative who you think might be at risk please keep an eye on them or, better still, invite them round for supper and a cup of tea.

• Visit www.gov.uk and search 'keep warm, keep well.' For further advice for older people phone Age UK on 0800 169 6565 or visit www.ageuk.org.uk/walthamforest.

BBC Award for Matt

Local man Matt Lovell has been named the BBC Sports Unsung Hero for London after almost a decade of service to hockey. Over the past eight years Matt has dedicated his spare time to promoting the sport locally and across the east region. Matt set up the junior section at Waltham Forest Hockey Club in 2006. It began with just two children but today there are well over 200 young members who play hockey free of charge. He also instigated the club's adult beginner's courses in 2010. Add to this captaining the club's academy team and umpiring adult fixtures and it's amazing he finds the time to do anything else! Matt said: "This award is recognition of the time all of our volunteers have given up over the years. We aim to encourage anyone, irrespective of age or ability, the chance to try hockey and hopefully enjoy a new sport."

• For more information visit www.walthamforesthc.co.uk

Matt Lovell, pictured here at the 2013 Love Your Borough awards, is the BBC Sports Unsung Hero for London

Barts Health NHS
NHS Trust

A&E is for emergencies only

An emergency is a condition that can cause loss of life or limb.

Self care
A lot of common illnesses can be treated in your home by using medicine and getting plenty of rest. It is worth keeping in your medicine cabinet some paracetamol or aspirin, anti-diarrhoea medicine, rehydration mixture, indigestion remedy, plasters and a thermometer.

Check your symptoms with the NHS Symptom Checker
Visit www.nhs.uk and answer a series of simple questions about your symptoms to help you find out what is wrong and what you should do next.

Pharmacy
Your local pharmacist can give you friendly, expert advice about medicines that can help with lots of common conditions. There is no need for an appointment. As well as dispensing prescriptions, they provide a range of services related to specific health issues and can advise on minor ailments such as colds, skin conditions and allergies. There are over 60 pharmacies in Waltham Forest and you can find your nearest one at www.nhs.uk.

Your GP
When you or your family are ill you can book an appointment to see a local GP. You can get the treatment you need at a convenient time and place and reduce the demand on emergency services. If you are not registered with a GP please visit www.nhs.uk to find your nearest GP practice.

Out-of-hours GP
When your GP is closed you don't need to go to A&E. Just call NHS 111 for medical advice during the night or on a weekend.

For all your healthcare needs visit www.nhs.uk, dial 111 for urgent medical advice or visit a walk-in centre if you are not registered with a GP.

Sharing lives and experiences

- **Fostering scheme sees adults with learning difficulties living with families rather than in residential care**
- **Shared Lives service users benefit from living as part of a loving family**

Local man Norman Wren moved in with a Shared Lives carer last summer after suffering serious health problems

Having major heart surgery would stop most people in their tracks. But thanks to a foster scheme for adults with learning disabilities, one local resident is recovering well and enjoying life to the full.

56 year old Norman Wren's life took a dramatic turn last year when he suffered a stroke and then a major heart attack. After emergency medical care and a triple heart bypass, Norman had to consider whether moving back in with his sister, who also has learning disabilities, was the best option considering his increased needs after surgery.

An assessment by Norman's social workers led to a discussion about Shared Lives – a scheme which places adults who have learning disabilities with local foster families. Providing a home from home with a registered Shared Lives carer, the scheme offers the support of a family network, as well as the freedom for service-users to maintain their independence.

The cost of each placement is also much lower than residential care costs, providing better value for money for the Council, especially as service-users benefit from consistent care from one family, rather than several staff.

"Shared Lives is wonderful because our service users get involved in every aspect of family life – whether that's family celebrations or yearly holidays," said Cllr Angie Bean, Cabinet Member for Adult Services.

"Our carers are paid a modest amount to cover some of their time and expenses but there is no 'clocking on and clocking off', they provide full time care for people with a range of needs."

Set up over 20 years ago, Shared Lives is a national scheme which has been running in Waltham Forest – and funded by the Council – since 2001. At present, 29 adults are living with Shared Lives carers both in Waltham Forest and nearby Redbridge.

"Some of our placements have lasted 20 years and service users can of course maintain contact with their biological family," said Cllr Bean.

The scheme offers the support of a family network.

"The scheme focuses on encouraging people to maintain their independence – whether that means travelling around on their own or going to the day centre they have always gone to – but with the added benefit of a family network when they need it."

Norman met his prospective carer in the summer while he was still in hospital, so they could both decide whether to give the placement a trial or not. Clients usually have the chance to meet their new family a few times – going to their carer's house for tea and then staying overnight – to build up a relationship, but Norman's medical situation sped the process up, and he has been living with his carer since July.

Norman goes out on his own every day, travelling by bus to different areas including Forest Gate, where he often stops for a spot of lunch.

"I watch TV until 10am and then I go out and I eat lunch, usually at a café, wherever I am," said Norman.

Every Monday he attends his old luncheon club where he catches up with old friends and his sister. He also manages his own money and every week goes to the post office with his carer to draw out cash for the week.

Speaking about his new home, Norman said: "The food is lovely here and I like what I'm doing now. It would be no good being at home, I used to have carers round every day."

He added: "Here I get proper meals and I feel like part of the family – if my carer wasn't a good cook I'd soon say so!"

Ongoing support is available to Norman and his carer, as with all placements. While the majority of carers signed up to the scheme have some form of caring experience, this isn't essential and each individual is assessed by trained professionals before they are registered.

More info

For more information visit **www.walthamforest.gov.uk** and search 'adult placement scheme' or phone **020 8521 0337**.

In brief

Breakfast Club feeds hungry pupils

For many of us 2014 began with a new year's resolution to try to be healthier. And this January, you can help your child get a healthy start to their school day with the Waltham Forest Breakfast Club. Launched by the Council last September, the scheme offers every pupil in Reception or Year 7 classes in the borough a subsidised breakfast – either through their school's existing breakfast club or with a nutritious snack pack which can be eaten at the start of the day or during the morning break. Since the scheme started 52 local schools have signed up. This means that all of the 3,600 eligible children at these schools can now start the day with the fuel to help them learn.

- **To find out if your child could benefit, please speak to their school. For more information visit www.walthamforest.gov.uk/breakfast-club or phone 020 8496 3000.**

Thank you knitters!

Residents who took the time to knit dolls for the Council's Create a Close Knit Family adoption campaign are being thanked for their time and effort. Knitted dolls in a range of human and animal species have been received, helping raise awareness of a worthwhile cause and giving local children something to enjoy. Anyone interested in finding out more about adoption, what's involved and how 94 per cent of applicants get approved, can still come along to an open evening organised by the Council. From now until May adoption open evenings will be held regularly. The next one will take place at the Epicentre (41 West Street, Leytonstone, E11 4JL) on Tuesday 11 February at 6.15pm. No booking is needed – just turn up on the night.

- **For more information visit www.walthamforest.gov.uk/adopt or phone 020 8496 3000.**

Cllr Claire Coghill with some of the dolls knitted by caring residents for the Council's adoption campaign

London Borough of Waltham

Cann Hall

Tunde Davies

Liz Phillips

Nicholas Russell

Cathall

Naheed Asghar

Shameem Highfield JP

Terry Wheeler

Chapel End

Paul Douglas

Kieran Falconer

Abu Samih

Chingford Green

Thom Goddard

Andy Hemsted

Michael Lewis

Endlebury

Matt Davis

Peter Herrington

Roy Berg

Forest

Gerry Lyons

Shabana Dhedhi

Farooq Qureshi

Grove Green

Khevyn Limbajee

Anna Mbachu

Chris Robbins

Hale End & Highams Park

Paul Braham

Sheree Rackham

Darshan Sunger

Hatch Lane

Laurie Braham

Marion Fitzgerald

Geoff Walker

High Street

Liaquat Ali MBE JP

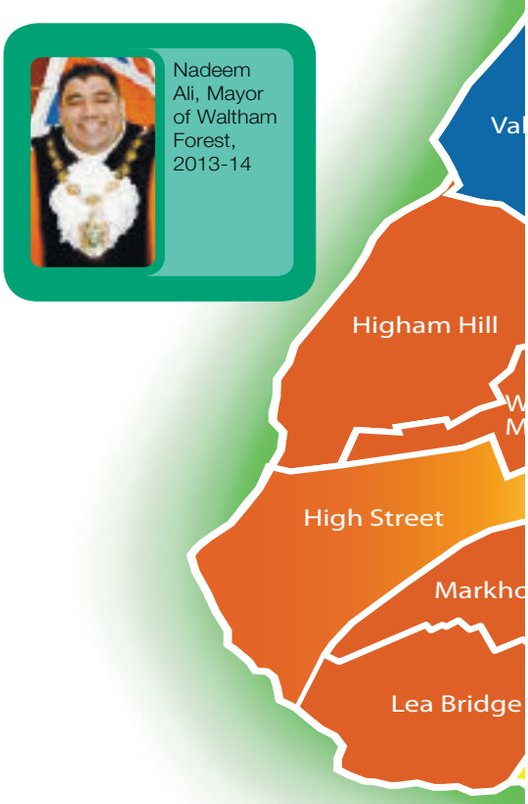
Clare Coghill

Mahmood Hussain

Your Co

Chris Robbins, Leader of the Council

Nadeem Ali, Mayor of Waltham Forest, 2013-14



Labour | Conservative

The Ca

Chris Robbins
Leader of the Council

Clare Coghill
Cabinet Member for Children and Young People

Clyde Loakes
Deputy Leader and Cabinet Member for Environment

Ahsan Khan
Cabinet Member for Health and Wellbeing

n Forest

To contact your local councillor or for more information, call Waltham Forest Direct on **020 8496 3000**

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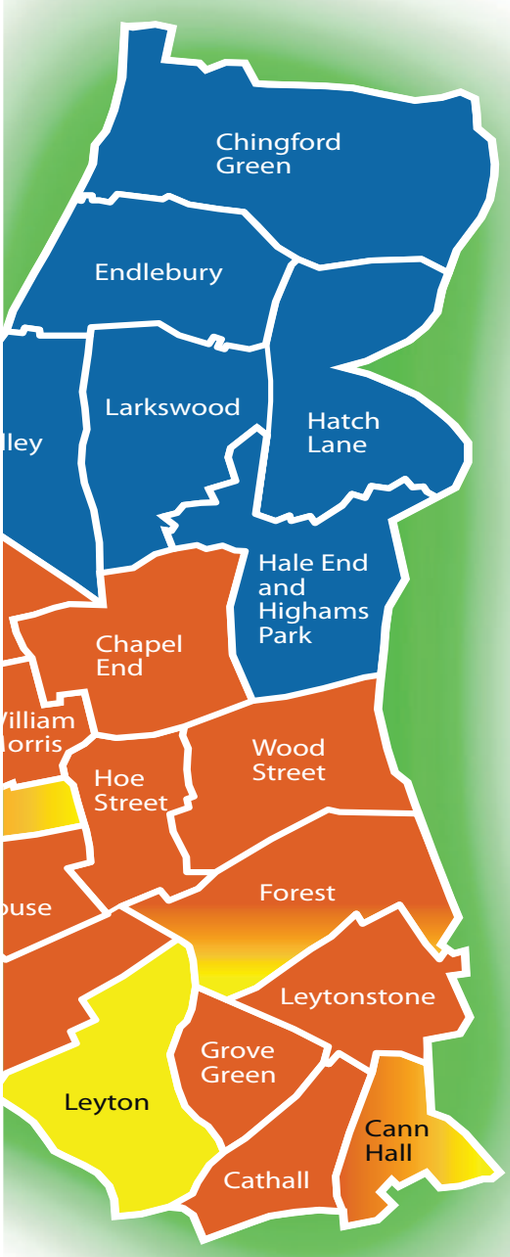

Liberal Democrat | Lab/Lib

Higham Hill

Karen Bellamy

Haroon Khan

Vacant seat

Hoe Street

Ahsan Khan

Saima Mahmud

Mark Rusling

Larkswood

Nick Buckmaster

Bernadette Mill

John Moss

Lea Bridge

Masood Ahmad

Afzal Akram

Elisabeth Davies

Leyton

Naheed Qureshi

Winnie Smith

Bob Sullivan

Leytonstone

Jenny Gray

Clyde Loakes

Marie Pye

Markhouse

Mohammad Asghar

Asim Mahmood

Ebony Vincent

Valley

Jemma Hemsted

Alan Siggers

Laurance Wedderburn

William Morris

Nadeem Ali

Raja Anwar

Geraldine Reardon

Wood Street

Peter Barnett

Angie Bean

Richard Sweden

abinet

Angie Bean
Cabinet Member for Adult Services

Mark Rusling
Cabinet Member for Economic Development, Corporate Resources and Employment

Liaquat Ali MBE, JP
Cabinet Member for Community Safety and Cohesion

Marie Pye
Cabinet Member for Housing

Waltham Forest

Planning

LONDON BOROUGH OF WALTHAM FOREST TOWN & COUNTRY PLANNING (DEVELOPMENT MANAGEMENT PROCEDURE) (ENGLAND) ORDER 2010 – NOTICE UNDER ARTICLE 13

NOTICE IS HEREBY GIVEN that the following application for planning permission has been made to the Council for which additional publicity is required.
APPL.NO:2013/1971 ADDRESS: Gnome House,7 Blackhorse Lane,Walthamstow,E17 6DT PROPOSAL: Demolition of single storey extension and change of use of ground floor of Gnome House from use class B1 to flexible uses within use class A3/B8/D1 with associated repairs and maintenance work, access and landscaping. APPLICANT: Hollivale,Blackhorse Lane,LLP. The application is open to inspection by the Public at the offices of the Development Management, Sycamore House, Town Hall Complex, Forest Road, London E17 4JF between the hours of 9.00a.m. – 5.00p.m. Monday to Friday. Any representations relating to the application should be made in writing to the Planning Division within 21 days of the date of this Notice.

Dated this day 13th January 2013 David Scourfield – Head of Development Management on Behalf of London Borough of Waltham Forest

LONDON BOROUGH OF WALTHAM FOREST TOWN AND COUNTRY PLANNING ACT 1990 THE COUNCIL OF THE LONDON BOROUGH OF WALTHAM FOREST hereby gives notice that it has made an order under section 247 of the above Act entitled The London Borough of Waltham Forest (Stopping Up of Highways) (No.3) Order 2013 to authorise the stopping up of the following areas of public highway shown hatched blue on the plan attached to the order:

(a) known as part of Wilton Place, London, E4 formed of one square shaped area measuring a distance of 9.1 metres and a width of 7.4 metres at its northern end and 5.6 metres at its southern end

THE ORDER IS MADE, to enable development described in the Schedule to this notice to be carried out in accordance with the planning permission granted to the Islington and Shoreditch Housing Association on 27 September 2013 under reference 2013/0974

COPIES OF THE ORDER AND THE RELEVANT PLANS MAY BE INSPECTED during normal office hours at (a) The Information Desk, Town Hall, Forest Road, Walthamstow, E17; and (b) Low Hall, Argall Avenue, London, E10 7AS free of charge.

ANY PERSON aggrieved by the Order and desiring to question the validity thereof, or of any provision contained therein, on the ground that it is not within the powers of the above Act or that any requirement of that Act or of any regulation made thereunder has not been complied with in relation to the Order may, within 6 weeks of 13 January 2014, apply to the High Court for the suspension or quashing of the Order or of any provision contained therein.

Dated: 13 January 2014
MR. K. VALAVAN, Head of Highways and Infrastructure, Low Hall, Argall Avenue, London, E10 7AS

THE SCHEDULE

Erection of three storey block of 15 residential units (3 x 1 bed, 9 x 2 bed and 3 x 3 bed), eight parking spaces, cycle storage and refuse storage

Highways

LONDON BOROUGH OF WALTHAM FOREST
PROPOSED INTRODUCTION OF 20MPH ZONE AND TRAFFIC CALMING – BUSHWOOD AREA
The Waltham Forest (20 mph Speed Limit) (No. 1) Speed Limit Order 2014 T56

1.**NOTICE IS HEREBY GIVEN** that the Council of the London Borough of Waltham Forest on 6th January 2014 made the above-mentioned Order under sections 84 and 124 of and Part IV of Schedule 9 to the Road Traffic Regulation Act 1984, as amended.

2.The general effect of the Order will be to introduce a maximum speed limit of 20mph in the streets specified in the Schedule to this Notice.

3.**FURTHER NOTICE IS HEREBY GIVEN** that the Council, in accordance with Sections 90A and 90C of the Highways Act 1980 and the Highways (Road Humps) Regulations 1999, will introduce round-top road humps known as "speed humps" in the following locations:

(a)Beacontree Road, outside No. 47;
(b)Browning Road, outside Nos. 68 and 69;
(c)Bushwood, outside No. 7, No. 13, No. 24, Nos. 29 and 30, No. 49, No. 63 and No. 76;
(d)Hartley Road, outside No. 24;
(e)Leybourne Road, outside No. 17 and No. 63;
(f)Leyspring Road, outside No. 33 and No. 73;
(g)Mornington Road, outside No. 18;
(h)Stanmore Road, outside No. 3 and Nos. 5 and 7; and
(i)Woodville Road, outside Nos. 8 and 10 and 3.2 metres north of No. 38 Leybourne Road.

The round-top road humps would be elevated sections of carriageway, between 75 and 100 millimetres higher at their highest point than the surrounding carriageway, extending across the full width of the carriageway and measuring approximately 3.7 metres in length, including the gradients.

4.Copies of the Order, which will come into operation on 14th January 2014 and other relevant documents can be inspected during normal office hours on Mondays to Fridays inclusive until the expiration of a period of 6 weeks from that date, at: (a) The Information Desk, Town Hall, Forest Road, Walthamstow, E17; and (b) Low Hall, Argall Avenue, London, E10 7AS.

5.Any person desiring to question the validity of the Order or of any provision contained therein on the grounds that it is not within the relevant powers of the Road Traffic Regulation Act 1984, or that any of the relevant requirements thereof or of any relevant regulations made thereunder has not been complied with in relation to the Order may, within six weeks of the making of the Order, make application for the purpose to the High Court.

For more information please telephone 020 8496 3000, quoting reference Traffic Orders T56.

Dated 13th January 2014
Mr. K. Valavan, Head of Highways and Infrastructure, Public Realm, Low Hall, Argall Avenue, London, E10 7AS.

SCHEDULE

Aylmer Road, Barclay Road, Barfield Road, Beacontree Road, Browning Road, Bushwood, Carlton Road, Church Lane, Dacre Road, Forest View, Gainsborough Road, Grove Road, Hanbury Drive, Hartley Road, Harvey Road, High Road Leytonstone (part of), Kirkdale Road, Lemna Road, Leybourne Road, Leyspring Road, Mornington Road, Stanmore Road and Woodville Road.

LONDON BOROUGH OF WALTHAM FOREST
EXPERIMENTAL EXTENSION OF QUEENS ROAD/BOUNDARY ROAD CONTROLLED PARKING ZONE (QB CPZ)
EXPERIMENTAL EXTENSION AND PROVISION OF SHORT STAY PARKING PLACES AND WAITING RESTRICTIONS – SHRUBLAND ROAD E10 AND RUSSELL ROAD E10 – (T59)
The Waltham Forest (Queens Road/ Boundary Road CPZ) (Parking Places) (Amendment No. 2) Experimental Order 2014
The Waltham Forest (Free Parking Places) (Short Stay) (Amendment No. 10) Experimental Order 2014
The Waltham Forest (Waiting and Loading Restrictions) (Amendment No. 35) Experimental Order 2014

1. **NOTICE IS HEREBY GIVEN** that the Council of the London Borough of Waltham Forest on **2nd January 2014** made the above-mentioned Orders under sections 9 and 10 of the Road Traffic Regulation Act 1984, as amended. The Orders will come into force on **20th January 2014** and may continue in force for up to 18 months.

2. The general effect of the Orders will be to:-

(a) extend the existing boundary of the Queens Road/Boundary Road (**QB**) Controlled Parking Zone (CPZ) to include **Amberley Road E10, Bowdon Road E17, Farmilo Road E17, Lily Road E17, Onra Road E17, Russell Road E10 and Shrubland Road E10**;
(b) introduce permit holder parking places into all roads mentioned in 2(a) above;
(c) create two free parking places in **Russell Road E10**; (1) the east side – 9 metres in length adjacent to the western flank wall of No. 545 Lea Bridge Road, and (2) the west side – 11.6 metres in length adjacent the eastern flank wall of No. 543 Lea Bridge Road. The operational times of these free parking places will be between 8 a.m. to 6.30 p.m. Monday to Saturdays with a maximum stay of 30 minutes and no return within 2 hours.
(d) extend the length of an existing free parking place on the west side of **Shrubland Road E10** opposite Machine Mart by 10 metres in a northerly direction (operational hours will remain the same);
(e) in relation to the existing single yellow line waiting restrictions on the east side of **Shrubland Road E10** (outside Machine Mart):
(i) amend the operational times from between 7 a.m. – 7 p.m. Mondays – Saturdays inclusive to 6.30 a.m. – 7.30 a.m. Mondays to Fridays inclusive; and
(ii) extend northwards by 38.4 metres; and
(f) extend the existing double yellow line "at any time" waiting restrictions on the south-west side of **Russell Road E10** adjacent the eastern flank wall of No. 543 Lea Bridge Road northwards by 5.8 metres.

3. The Orders relating to the Queens Road/Boundary Road CPZ extension will provide that:
(a) the operational hours in the extension of the CPZ for permit parking places will be between 8.00 a.m. and 6.30 p.m. on Mondays to Saturdays inclusive;
(b) residents' permits, business/charity permits, visitors' permits, school parking permits, residents' foreign vehicle permits and essential user/carers permits may be issued, on payment of the appropriate charge to a person who is the keeper of a passenger vehicle (having 8 passenger seats or less), certain goods carrying vehicles and invalid carriages, (motor cycles will be able to park in permit parking places, free of charge, without the need of a parking permit) providing that in the case of:-
(i) a residents' permit, they are a resident of a street specified above and their vehicle is UK registered to that address;
(ii) a foreign vehicles residents' permit, they are a resident of a street specified above and their vehicle is registered outside of the UK;
(iii) a business/charity permit/business visitor's permit, they have a business in a street specified above and that the permit is for a vehicle which is essential to the operation of that business/charity and is used in the purchase and sale of goods or services in connection with that business/ charity;
(iv) an essential users/carers permit, they are a doctor or carer who has a surgery in or works in the London Borough of Waltham Forest, or employed by or contracted to the Council, or employed by or contracted to a health authority, or employed by the Metropolitan Police, or employed by the London Fire and Civil Defence Authority, or a company that services fire fighting appliances and for whom the use of a vehicle is essential to the carrying out of their public service duties in a street specified above;
(v) a visitors' permit, they are a resident of a street specified above and that such permit is to be used by a bona fide visitor to their home;
(vi) a schools parking permit, they are a parent of a student enlisted at a school situated in or near to the streets specified above; and
(c) only vehicles displaying any valid permit displaying the letters **QB**
(i) may use the permit parking places provided in the streets specified in paragraph 2(b) above;
(ii) except in the permit parking places referred to in the streets specified in paragraph 2(b) above, waiting by vehicles will be banned between 8.00 a.m. and 6.30 p.m. on Mondays to Saturdays inclusive;
["At any time" waiting restrictions in certain areas of certain streets listed in paragraph 2(a) above will also apply]
the charges for permits and vehicle class will be as follows:-

A. Residents' permit – 12 months
B. Residents' permit (second vehicle) – 12 months)
C. Residents' permit (more than two vehicles) – 12 months
D. Residents' permit – 1 month
E. Residents' permit foreign vehicle – 6 months
F. Schools 15 minute permit – 12 months

1. Engine size less than 900cc registered before 1st March 2001
2. Engine size between 901cc and 3000cc registered before 1st March 2001
3. Engine size more than 3000cc registered before 1st March 2001
4. CO2 emissions less than 120 g/km registered after 1st March 2001
5. CO2 emissions between 121 and 185 g/ km registered after 1st March 2001
6. CO2 emissions more than 185 g/km registered after 1st March 2001

A1. £12.50	**A2.** £25.00	**A3.** £120.00
A4. £12.50	**A5.** £25.00	**A6.** £120.00
B1. £42.00	**B2.** £90.00	**B3.** £210.00
B4. £42.00	**B5.** £90.00	**B6.** £210.00
C1. £65.00	**C2.** £150.00	**C3.** £280.00
C4. £65.00	**C5.** £150.00	**C6.** £280.00
D1. £10.00	**D2.** £20.00	**D3.** £100.00
D4. £10.00	**D5.** £20.00	**D6.** £100.00
E1. £24.00	**E2.** £50.00	**E3.** £150.00
E4. £24.00	**E5.** £50.00	**E6.** £150.00
F1. £21.00	**F2.** £42.00	**F3.** £125.00
F4. £21.00	**F5.** £42.00	**F6.** £125.00

Other permits

All-Zone Business Visitor's Permit – book of 30 permits (valid for 1 hour each) £23, book of 20 permits (valid for 2 hours each) £30, and book of 10 permits (valid for 5 hours each) £40; Business Permit – 3 months, £220; Business Permit – 12 months, £390; Business Permit – 12 months (more than two vehicles), £570; Charity permit – 12 months, £40; Charity permit – 12 months (more than two vehicles), £172; Essential User Permit – 1 month, £27; Essential User Permit – 6 months, £105; Essential User Permit – 12 months, £180; Visitor permits – 1 hour book of 30, £14 (free to over 70's, 1 book per year); Visitor permits – 2 hours book of 20, £16; Visitor permits – 5 hours book of 10, £18, Vouchers – 80 pence for 30 minutes or £1.30 per hour. Services charges for change of VRM, change of address, refund, or lost or stolen permit, £20

4. Documents giving more detailed particulars of the Orders are available for inspection between 9.30 am and 4.30 pm on Mondays to Fridays inclusive (except Bank Holidays), from the date on which this notice is published until the Orders cease to have effect, at (a) The Information Desk, Town Hall, Forest Road, Walthamstow, E17 4JF and (b) Low Hall Depot, Argall Avenue, London, E10 7AS.

5. Where it appears necessary for certain purposes, an officer authorised by the London Borough of Waltham Forest, may, in pursuance of section 10(2) of the Road Traffic Regulation Act 1984, modify or

suspend any provision of the experimental Traffic Orders while they are in force.
6. The Council will be considering in due course whether the provisions of the experimental Orders should be continued in force indefinitely by means of permanent Orders made under sections 6, 45, 46, 49 and 124 of and Part IV of Schedule 9 to the Road Traffic Regulation Act 1984. Any person may object to the making of the permanent Orders for the purpose of such indefinite continuation within a period of six months beginning with the day on which the experimental Orders come into force or, if the Orders are varied by other Orders or modified pursuant to section 10(2) of the 1984 Act, beginning with the day on which the variation or modification or the latest variation or modification came into force. Any such objection must be made in writing and must state the grounds on which it is made and be sent to Traffic Orders, Environment and Regeneration, Low Hall, Argall Avenue, London, E10 7AS, quoting reference Traffic Orders **T59**. Any objection may be communicated to, or be seen by, other persons who may be affected.
7. If any person wishes to question the validity of the Orders or of any of its provisions on the grounds that it is not within the powers conferred by the Road Traffic Regulation Act 1984, or that any requirement of that Act or any instrument made under that Act has not been complied with, that person may, within 6 weeks from the date on which the Orders were made, apply for the purpose to the High Court
Dated: 13th January 2014
Mr. K. Valavan, Head of Highways and Infrastructure, Public Realm, Low Hall, Argall Avenue, London, E10 7AS

LONDON BOROUGH OF WALTHAM FOREST ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14(1) THE WALTHAM FOREST (VARIOUS CYCLE ROUTES) (TEMPORARY PROHIBITION OF TRAFFIC AND RESTRICTION ON WAITING AND LOADING) (NO. 1) ORDER 2014 – TT84
1.The Council of the London Borough of Waltham Forest HEREBY GIVES NOTICE that on 9th January 2014 made an Order to enable construction works to be carried out in a safe and efficient manner in certain roads, the general effect of which would be, only at such times and to such extent as regulatory signs are displayed, to prohibit traffic (except works vehicles) and restrict waiting and loading by vehicles (except works vehicles) in certain roads.
2.Whilst the works are being carried out, no person shall:
(a)cause or permit any vehicle to enter, proceed, wait or load for any purpose, at any time, in the lengths of road listed in Schedule 1 to this Notice; and
(b)cause or permit any vehicle to wait or load for any purpose, at any time, in the lengths of road listed in Schedule 2 to this Notice.
N.B. These works would not be carried out simultaneously in all roads but in a sequence as directed by the Council.
3.Whilst the prohibitions referred to in paragraph 2(a) above remain in force, alternative routes for traffic would be indicated by traffic signs.
4.Vehicles waiting or loading in disregard of this Order would be removed.
5.The restrictions mentioned above would not apply in relation to any vehicle being used:
(a)in connection with the said works; or
(b)for ambulance, fire brigade or police purposes in an emergency, if the works allow.
6.The Order would come into operation on 13th January 2014 and would be valid for a maximum period of 3 months or until the works are completed, whichever is the sooner.
Dated 13th January 2014
Mr K Valavan, Head of Highways and Infrastructure, Public Realm, Low Hall, Argall Avenue, London, E10 7AS
Schedule 1
Burwell Road (from its junction with Lea Bridge Road north-westwards for a distance of 18.5 metres), **Eastern Road** (at its junction with Lea Bridge Road north-westward for a distance of 18.5 metres), **Manor Road E10** (at its junction with Lea Bridge Road south-eastwards for a distance of 35 metres), **Salcombe Road** (at its junction with Lea Bridge Road north-westwards for a distance of 25 metres), **Shernhall Street** (between its junction with Lea Bridge Road and the southern kerb-line of Grove Road), **South Countess Road** (from its junction with Forest Road northwards for a distance of 18.5 metres), **Wadham Road** (a) (between a point 16 metres east of the eastern kerb-line of Winchester Road and a point 37 metres east of that said kerb-line), and (b) (between a point 25 metres west of the western kerb-line of Winchester Road and a point 35 metres west of that said kerb-line).
Schedule 2
Evanston Avenue (both sides from its junction with Winchester Road and a point 35 metres north of that said junction), **Winchester Road** (the west side between the northern kerb-line of Wadham Road and the western junction of Evanston Avenue).

LONDON BOROUGH OF WALTHAM FOREST ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14(1) THE WALTHAM FOREST (VARIOUS ROADS) (STRUCTURAL PROGRAMME) (TEMPORARY PROHIBITION OF TRAFFIC AND RESTRICTION ON WAITING AND LOADING) (NO. 2) ORDER 2014 – TT2
1.The Council of the London Borough of Waltham Forest HEREBY GIVES NOTICE that it intends making an Order to enable carriageway maintenance works to be carried out in a safe and efficient manner in certain roads, the general effect of which would be, only at such times and to such extent as regulatory signs are displayed, to prohibit vehicles (except works vehicles) and restrict waiting and loading by vehicles (except works vehicles) from these roads.
2.Whilst the works are being carried out no person shall cause or permit any vehicle to enter, proceed, wait or load for any purpose, at any time, in the following roads: **Grosvenor Park Road E17, Wingfield Road E17 and Thornhill Road E10**.
3.No person shall cause or permit any vehicle to enter, proceed, wait or load for any purpose, at any time, within 10 metres of the junction of any road adjoining the roads or sections of roads contained in paragraph 2 above.
4.Whilst the prohibitions referred to in paragraph 2 above remain in force, alternative routes for traffic would be indicated by traffic signs.
5.Vehicles waiting or loading in disregard of this Order would be removed.
6.The restrictions mentioned above would not apply in relation to any vehicle being used -
(a)in connection with the said works; or
(b)for ambulance, fire brigade or police purposes in an emergency, if the works allow.
7.The Order would come into operation on **27th January 2014** and would be valid for a maximum period of 6 months or until the works are completed, whichever is the sooner.
NOTE: These works would not be carried out simultaneously in all roads but in a sequence as directed by the Council. Leaflets would be distributed and signage placed in advance of any works in the above mentioned roads which would give more specific details on the exact dates of the prohibitions, effects of any temporary traffic management and diversion routes as necessary.
Dated 13th January 2014
Mr K Valavan, Head of Highways and Infrastructure, Public Realm, Low Hall, Argall Avenue, London, E10 7AS

LONDON BOROUGH OF WALTHAM FOREST ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14(1) THE WALTHAM FOREST (WHITEHALL ROAD E4 PRR 2013/14) (TEMPORARY PROHIBITION OF TRAFFIC AND RESTRICTION ON WAITING AND LOADING) (NO. 1) ORDER 2014 – TT72
1.The Council of the London Borough of Waltham Forest HEREBY GIVES NOTICE that on 10th January 2014 it made an Order to enable resurfacing works to be carried out in a safe and efficient manner in Whitehall Road E4, the general effect of which would be, only at such times and to such extent as regulatory signs are displayed, to prohibit traffic (except works vehicles) and restrict waiting and loading by vehicles (except works vehicles) in this road and certain other roads.
2.Whilst the works are being carried out, no person shall cause or permit any vehicle to enter, proceed, wait or load for any purpose, at any time, in Whitehall Road E4, between its junction with Kimberley Road and the Borough boundary that lies approximately 40.00 metres south-east of the south-eastern kerb-line of Courtland Avenue.
3.Whilst the works are being carried out, no person shall, at such times and to such extent as regulatory traffic signs are displayed, cause or permit any vehicle to wait or load for any purpose, at any time, in:
(a) British Legion Road;
(b) Courtland Avenue (both junctions);
(c) Forest Side;
(d) Rookwood Gardens;
(e) Seymour Court;
(f) Stuart Close;
(g) Valance Avenue; and
(h) Westminster Gardens;
at their respective junctions with Whitehall Road E4, between the junction with Whitehall Road and a distance of 30 metres from that junction.
4.Vehicles waiting or loading in disregard of this Order would be removed.
5.The restrictions mentioned above would not apply in relation to any vehicle being used:
(a) in connection with the said works; or
(b) for ambulance, fire brigade or police purposes in an emergency, if the works allow.
6.The Order would come into operation on 14th January 2014 and would be valid for a maximum period of 2 months or until the works are completed, whichever is the sooner.
Dated 13th January 2014
Mr K Valavan, Head of Highways and Infrastructure, Public Realm, Low Hall, Argall Avenue, London, E10 7AS

LONDON BOROUGH OF WALTHAM FOREST ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14(1) THE WALTHAM FOREST (VARIOUS ROADS) (STRUCTURAL PROGRAMME) (TEMPORARY PROHIBITION OF TRAFFIC AND RESTRICTION ON WAITING AND LOADING) (NO. 1) ORDER 2014 – TT83
1.The Council of the London Borough of Waltham Forest HEREBY GIVES NOTICE that on 9th January 2014 it made an Order to enable carriageway maintenance works to be carried out in a safe and efficient manner in certain roads, the general effect of which would be, only at such times and to such extent as regulatory signs are displayed, to prohibit vehicles (except works vehicles) and restrict waiting and loading by vehicles (except works vehicles) from these roads.
2.Whilst the works are being carried out no person shall cause or permit any vehicle to enter, proceed, wait or load for any purpose, at any time, in the following roads:
- Brisbane Road E10,
- Chingdale Road E4,
- Handsworth Road E4,
- Lime Street E17,
- Nottingham Road E10,
- Orchard Street E17,
- Radlix Road E10,
- West Avenue E17, and
- Westbury Road E17.

3.No person shall cause or permit any vehicle to enter, proceed, wait or load for any purpose, at any time, within 10 metres of the junction of any road adjoining the roads or sections of roads contained in paragraph 2 above.
4.Whilst the prohibitions referred to in paragraph 2 above remain in force, alternative routes for traffic would be indicated by traffic signs.
5.Vehicles waiting or loading in disregard of this Order would be removed.
6.The restrictions mentioned above would not apply in relation to any vehicle being used -
(a)in connection with the said works; or
(b)for ambulance, fire brigade or police purposes in an emergency, if the works allow.
7.The Order would come into operation on 13th January 2014 and would be valid for a maximum period of 12 months or until the works are completed, whichever is the sooner.
NOTE: These works would not be carried out simultaneously in all roads but in a sequence as directed by the Council. Leaflets would be distributed and signage placed in advance of any works in the above mentioned roads which would give more specific details on the exact dates of the prohibitions, effects of any temporary traffic management and diversion routes as necessary.
Dated 13th January 2014
Mr K Valavan, Head of Highways and Infrastructure, Public Realm, Low Hall, Argall Avenue, London, E10 7AS

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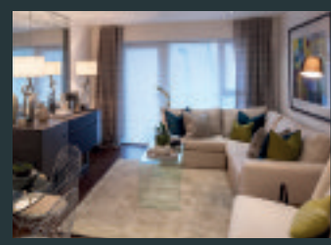

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HELPING TO KEEP MONEY IN YOUR POCKET

Providing you with good quality services that make life easier and more enjoyable helps keep more money in your pocket.

If we do charge for services, we work hard to make sure these are competitively priced and give you the best value for your money.

1. Last year, more than 106,000 residents enjoyed free entry to events, fun days, music festivals and fireworks displays with the Councils series of Get Together events.
2. 37,000 of our older residents and those with disabilities travelled London-wide free of charge on buses and trains with the Freedom Pass.
3. More than 60,000 free swims were enjoyed by our under 18's and over 60's in our newly refurbished leisure centres.

CASE STUDY

LEYTON LEISURE CENTRE

Providing high quality spaces for people to keep fit and active that are accessible to all.

The renovation works to Leyton Leisure Centre are part of our wider £24.5million investment programme to leisure centres across the borough. These include a 25m pool and teaching pool, new sauna and steam room, two studios and a crèche.

Our services are competitively priced and flexible. So whether you want to pay monthly for unlimited use of our facilities, or just want to come along to the occasional exercise class, there's a membership package that will suit you. You can attend a single class on pay as you go for as little as £3. For more information on joining your nearest leisure centre visit www.better.org.uk/walthamforest

GOOD VALUE, LOCAL SERVICES
*** COUNT ON US ***

INVESTING IN OUR FUTURE

Waltham Forest is an ambitious borough; we know we need to continue securing investment to continue to make Waltham Forest an even better place to live.

HIGH STREETS

At the end of 2012 the Council committed to spending £9million on improving nine of the borough's high street areas. Works to Blackhorse Lane, Francis Road, Higham Hill, Lea Bridge Road and Bakers Arms junction, South Leyton, South Leytonstone, Wood Street and Walthamstow (shop fronts) will complete in March 2014.

It is important for the local economy that our small businesses thrive and so with funding from the Mayor's Outer London Fund we have provided training for 60 independent retailers in Wood Street to help them boost their business. Nearly 60 per cent of participating businesses have already seen an increase in sales since taking part in the training. We have also supported local business by promoting Small Business Saturday and providing pop-up shops for new local enterprises.

SCHOOLS

Our multi-million pound investment is key to ensuring our young people have decent school buildings and the best chance of a bright future.

So far we have worked on 52 primary school sites. Works range from upgrading essential kitchen or hall facilities and expansions to accommodate more pupils like at Stoneydown Park Primary School and Barclay Primary School.

Willowfield Humanities College will be completely relocated to a brand new, state-of-the-art building behind Blackhorse Lane station, and many other schools are seeing modernisation or adaptations.

The programme of work across both our primary and secondary schools is ongoing. Look out for our upcoming schools campaign where we will celebrate individual and collective success around our pupil's achievements.

LEISURE

You told us you wanted to see a cinema back in Waltham Forest. The Scene at Cleveland Place will provide a £30million entertainment complex, consisting of a nine screen Empire cinema, as well as restaurants, shops and over 120 new homes. This will create over 100 jobs and help boost our economy by encouraging residents to stay in the borough to spend their money.

The cinema is expected to open in winter 2014, with homes and retail units to follow in spring 2015.

PARKS

Waltham Forest is one of the greenest boroughs north of the river, with more parks and open spaces than any of our neighbouring boroughs – many of which are on your doorstep. We're committed to ensuring our valuable and much loved parks and play areas continue to provide high quality, fun facilities for everyone.

We have invested £1.9million in improving 28 parks and play areas, with 20 already complete.

For more information about the ongoing regeneration works in Waltham Forest, visit www.walthamforest.gov.uk/betterplace.

*** COUNT ON US ***

HOUSING

Homes form the foundation that strong communities are built upon. So whether you own your home, rent privately or live in a socially rented property, we're committed to providing high quality housing to everyone living in our borough.

In these tough economic times, securing funding for new developments can be difficult. We're keen to continue to build and strengthen links with partners and work together to ensure vital new homes are built – both for sale and shared ownership, as well and private and affordable rent.

We need to make the most of the land available to us, so we're always looking for potential sites that could be better utilised, like some of the disused garage sites which have already been redeveloped.

Equally, it's crucial that existing housing is bought up to a good standard. A multi-million pound improvement programme is being carried out on the Marlow Road, Wood Street and Montague Road, Leytonstone estates.

Waltham Forest Council

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Waltham Forest